

**BACHELOR OF ARTS PROGRAMME
PSYCHOLOGY HONOURS (BAPCH)**

ASSIGNMENT

JULY 2023 – JANUARY 2024

COURSE CODE: BPCC 111

COURSE TITLE: UNDERSTANDING PSYCHOLOGICAL DISORDERS



**SCHOOL OF SOCIAL SCIENCES (SOSS)
INDIRA GANDHI NATIONAL OPEN UNIVERSITY
MAIDAN GARHI, NEW DELHI - 110068**

Dear Learner,

As we have informed you in the Programme Guide, evaluation at IGNOU consists of two parts: i) continuous evaluation through assignments, and ii) term-end examination. In the final result, assignments of a Course will carry 30% weightage while 70% weightage is given for term-end examination (total 100 marks).

You will have to do the following Tutor Marked Assignments (TMA) and Tutorial activity for **BPCC 111** which is a **6 credits course (4 credits theory + 2 credits tutorial)**. Assignment for BPCC 111 consists of two parts.

Part I consists of Assignment one and Assignment two.

Assignment One has Descriptive Category Questions (DCQs). These are meant for writing essay type answers, with an introduction and a conclusion. These are intended to test your ability to describe your understanding/knowledge about the topic in a systematic, to-the-point and coherent manner.

Assignment Two has Short Category Questions (SCQs). These questions are meant to improve your skill of recall in brief the relevant/precise information about persons, writing, events, or clear understanding of concepts and processes.

Part II has Tutorial in which the learner has to carry out a particular activity as instructed.

Before you attempt the assignments, please read the instructions carefully provided in the Programme Guide. It is important that you write the answers to all the TMA questions in **your own words**. Your answers should be according to the word-limit set for a particular section. Remember, writing answers to assignment questions will improve your writing skill and sharpen your understanding of the concepts. It will also help you prepare for the term-end examination.

Submission

Session	Last Date of Submission*	To be Sent
For July 2023	30th April 2024	To The Coordinator of the Study Centre allotted to you
For January 2024	31st October, 2024	
	(Please check the dates from www.ignou.ac.in)	

* You need to submit the assignments within the stipulated time for being eligible to appear in the term-end examination.

Please obtain a receipt from the study centre for the assignments submitted and retain it. Also keep a photocopy of the assignments with you. The Study Centre will return the assignments to you after they are evaluated. The completed assignment should be sent **only** to the Coordinator of the Study Centre allotted to you.

Following instructions are to be carefully followed before writing the assignments:

1. You will find it useful to keep the following points in mind:
 - i. **Planning:** Read the assignments carefully. Go through the Units on which they are based. Make some points regarding each question and then re-arrange these in a logical order.
 - ii. **Organisation:** Read the study material carefully, analyze it, and then prepare a rough outline of your answer. Give adequate attention to your introduction and conclusion. Make sure that your answer:
 - a) is logical and coherent;
 - b) has clear connections between sentences and paragraphs;
 - c) is written correctly giving adequate consideration to your expression, style and presentation
 - iii. **Presentation:** Once you are satisfied with your answers, you can write down the final version for submission. Write each answer neatly with proper spacing, and underline the points you wish to emphasize. Make sure that the answer is around the suggested word limit.
2. Use A4 size ruled paper for your response and tie all the pages carefully. Allow a four cm margin on the left and leave some space between each answer. This will facilitate the evaluator to write useful comments in the margin at appropriate places.
3. **Answers should be in your own handwriting.** Do not print or type the answers. Do not copy your answers from the study material sent to you by the University or from other learners. If you copy, you will get zero marks for the respective question.
4. You need to attach a copy of the TMA with the completed assignment before submitting it.
5. In case you have requested for a change of Study Centre, you should submit your Tutor Marked Assignments only to the original Study Centre until the change of Study Centre is notified by the University.
6. If you find that there is any factual error in evaluation of your assignments, e.g., any portion of assignment response has not been evaluated or total of score recorded on assignment response is incorrect, you should approach the coordinator of your study center for correction and transmission of correct score to headquarters.

Wish you all the best!

**Discipline of Psychology
SOSS, IGNOU, New Delhi**

UNDERSTANDING PSYCHOLOGICAL DISORDERS (BPCC 111)
Tutor Marked Assignments (TMA)

Course Code: BPCC 111
Assignment Code: Asst /TMA /2023-24
Total Marks: 100

NOTE: All questions are compulsory.

Assignment One

Answer the following *descriptive category* questions in about 500 words each. Each question carries 20 marks.

2 x 20 = 40

1. Discuss the biological approach to psychopathology.
2. Discuss the benefits and challenges of classification system of psychological disorders.

Assignment Two

Answer the following *short category* questions in about 100 words each. Each question carries 5 marks.

6 x 5 = 30

3. Explain the clinical picture of suicide.
4. What is autism spectrum disorder?
5. Describe the different elements of clinical assessment.
6. Describe the causal factor of attention deficits hyperactivity disorder (ADHD).
7. What is cognitive behavioural therapy (CBT).
8. What are the five types of specific phobias defined by DSM-5?

UNDERSTANDING PSYCHOLOGICAL DISORDERS (BPCC 111)

TUTORIAL

Total marks: 30

Conduct a survey of school going higher secondary students and undergraduate college students on their ways to manage stress. Prepare a questionnaire consisting of at least five questions. Refer to the unit on stress and find out the practice of various methods to manage stress. Analyze the responses received and find out their ways to manage stress. Think and write about their stress management ways and keep them into different types of method (discussed in the unit) in which they fall into and create a separate category of method if it does not fall into any of the discussed methods.

The format of the questionnaire needs to include:

- Minimum five questions related to ways to manage stress.
- Personal details of the sample such as: name (optional), age, sex, class, educational qualification, occupation if any, type of family, marital status etc. relevant in the context of the particular activity.
- Can include open-ended questions also

Sample: Minimum 15 students from each category of higher secondary school and undergraduate college students

Data analysis:

After the data is collected, arrange the data in the form of different methods used by sample. You can use simple statistics such as calculating mean, percentage, difference etc. The data may be presented in tabular and graphical form as required. The data can also be collected and analyzed qualitatively. Findings need to be discussed in the light of the theoretical inputs.

Format of the Tutorial report:

The tutorial activity report will be written by hand only. It can consist of the following parts:

1. Title page (write Tutorial Activity of BPCC 111, mention your name and enrolment number)
2. Background/ Introducing the topic (around 200 words)
3. Methodology (around 150 words)
 - a. Sample details
 - b. Preparation of the questionnaire
 - c. Data collection procedure
4. Findings (around 250 words)
5. Discussion and Conclusion (around 300 words)
6. Implications (around 100 words)
7. Appendix
 - a. Questionnaire used
 - b. Filled in questionnaire/ raw data
 - c. Reference sources used for doing the activity

The tutorial report may be written in about 1000 words. Focus needs to be on the findings and discussion of the data. Implications of the findings need to be highlighted.

Tutorial report will be put at the end in the assignment file of BPCC 111 and submitted at the study centre.